

CARE Services

CARE Services is LBNL's employee assistance program that provides free and confidential assistance for personal, emotional, and work-related challenges. We help you find solutions through counseling, consultation, assessment, and referral services.

Our goal at CARE Services is to strengthen the LBNL community by providing behavioral health services for individuals and work groups throughout the Lab.

Professional Counseling

CARE Services consultants are a diverse team of licensed professionals with graduate degrees in behavioral health and experience in workplace settings. We can help you create an effective strategy and action plan, and identify which of the many resources available can best resolve your particular concerns.

Consultations for Administrators

CARE Services can give confidential assistance to supervisors, managers, directors, and other administrators who have concerns about an employee. These may relate to job performance, difficult behavior, work relationships, or a personal problem or crisis involving mental health, the threat of violence, substance abuse, or medical issues.

Meeting Diverse Needs

CARE Services can help you explore solutions to your concerns, however simple or serious they may be. Common personal and work-related areas we can address include:

- Anxiety, depression, and other emotional concerns
- Relationship or family difficulties
- Problems with children or teenagers
- Alcohol, drug, gambling, or other addictions
- Work-related stress or conflict
- Organizational and job changes
- Workplace violence concerns
- Traumatic events, grief, and loss
- Financial pressures
- Domestic abuse
- Health and disability concerns
- Balancing work and personal demands
- Elder and dependent adult care concerns

Elder Care Program

If you are caring for parents or other dependent adults, or anticipate that you may be doing so in the future, our elder care specialist can provide confidential assistance. Services include:

- Counseling and consultation
- Resource information
- Educational workshops
- Newsletter
- Support groups
- Workplace presentations

Click on the Elder Care Program link on the CARE Services Web site for more information, or visit directly at:
www.uhs.berkeley.edu/facstaff/care/eldercare.

Confidentiality: Your Privacy

CARE Services is strictly confidential and in compliance with state and federal regulations. Information about your contact and participation may be released only with your explicit consent or when legally mandated. All records are kept confidential and separate from any other employee records and secured solely within CARE Services.

Eligibility

CARE Services is available to all LBNL employees, their spouses or domestic partners, and their dependents. Non-LBNL employees, such as UC faculty, Graduate Student Research Assistants (GSRAs), and students, will be connected to their appropriate campus resources. All services provided by CARE are free of charge.

Participation

Your participation in CARE Services is voluntary, whether you decide personally to participate or are referred by a supervisor, co-worker, or someone else.

Transportation

- LBNL Shuttle

There is a Berkeley Lab shuttle stop near the Tang Center on Bancroft Way.

- Public Parking

There are limited parking spaces in the surrounding areas, lots, and metered spaces.

- Public Bus/BART

The Tang Center is a short walk from the Downtown Berkeley BART station (510) 465-2278 and AC Transit bus stops (510) 839-2882.

Location:

Room 3100, Tang Center
University Health Services
2222 Bancroft Way
University of California, Berkeley
Berkeley, CA 94720-4300

Hours:

8 a.m. to 5 p.m. Monday through Friday

Phone:

(510) 643-7754

E-mail:

careserv@uhs.berkeley.edu

Web Site:

www.uhs.berkeley.edu/facstaff/care

Appointments:

Appointments are typically scheduled during regular office hours and, upon request, may be scheduled immediately after work. Telephone appointments can be arranged for those who are unable to visit the CARE Services office.



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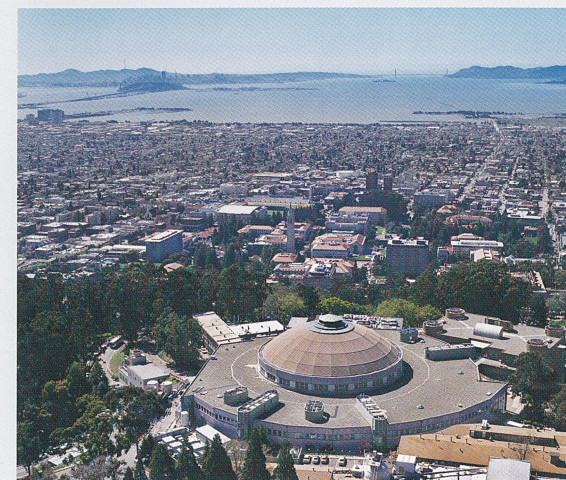


BERKELEY LAB

LAWRENCE BERKELEY NATIONAL LABORATORY

CARE SERVICES

Employee Assistance Program



A resource for LBNL employees

Helping employees resolve a wide range of personal and work-related challenges.

**UC BERKELEY
UNIVERSITY HEALTH SERVICES
TANG CENTER**